

## Save a Baby's Life Whitley Bay Customer First Centre

Come along and learn basic First Aid skills including how to deal with choking, burns, serious bleeds and how to give CPR.



25 January 20  
29 February 20  
4 April 20  
16 May 20



10:00 - 11:30am

If you would like to book your place on one of the above dates please contact reception:-

Riverside Children's Centre 0191 6438899  
Whitley Bay Customer First Centre 0191 6438804

For more information about Activities and Groups in your area, why not look on our 'Sign Directory'  
<https://services.northtyneside.gov.uk/sign/>  
or simply type into Google 'Sign Directory North Tyneside'.



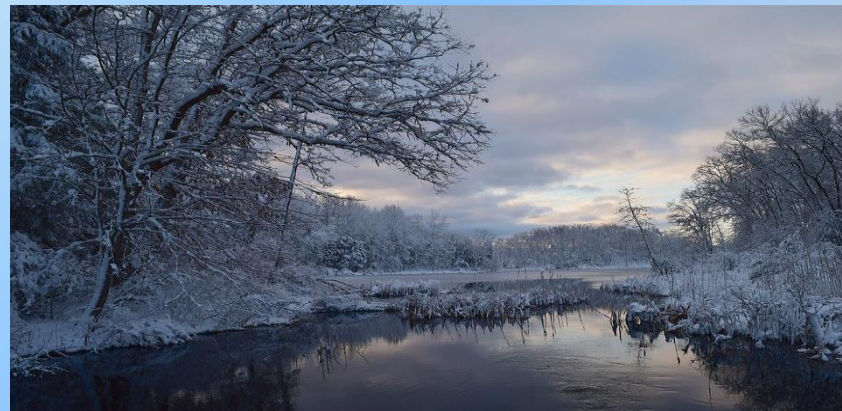
Rooms available to hire.



North Tyneside  
Children's Centres



# What's On? Jan – March 2020



**Central Locality Team**  
**Based at Riverside Children's Centre**  
**Check out the back page for**  
**'Save a Baby's Life' dates and venue!**

**Booking required only where stated**  
**Contact Riverside on 0191 643 8899 for further Information**

You can now register your baby's birth at  
your local Children's Centre  
**(By appointment only - Mon to Fri)**  
Riverside Children's Centre  
0191 643 8899




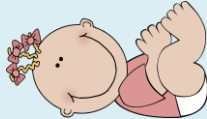



**(By appointment only – Fridays 1pm  
– 4.00pm)**

Whitley Bay Customer First Centre  
0191 643 8804



North Tyneside Council

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
| <p><b>Young Parents Group (Drop – In)</b><br/>For under 25 year olds and their children<br/>1.00pm – 2.30pm<br/><b>Riverside Children's Centre</b></p> <p><b>Well Baby Clinic</b><br/>Health related advice for 0-5's (Drop-in)<br/>9.30am – 10.30am<br/><b>Cedarwood Trust</b><br/>0191 2590245</p> <p><b>Breastfeeding Peer Support Group</b><br/>11.00am – 12.30pm<br/><b>Cedarwood Trust</b><br/>0191 2590245</p> <p><b>Midwife Drop-in for Expectant Mums</b><br/>Call in to see the community midwives<br/>9.30am – 11.00am<br/><b>Riverside Children's Centre</b></p>  | <p><b>Well Baby Clinic</b><br/>Health related advice for 0-5's (Drop-in)<br/>1.00pm – 2.30pm<br/><b>Riverside Children's Centre</b></p>  <p><b>0-2 Stay &amp; Play (Drop – In)</b><br/>For children under 2 and their parent/carers.<br/>Lots of fun activities<br/>1.00pm -2.30pm<br/><b>Riverside Children's Centre</b></p>  | <p><b>Well Baby Clinic</b><br/>09.30am – 11.30am<br/><b>North Shields Customer First Centre</b><br/>0191 6435270</p>  <p><b>Adult Learning Alliance Maths Classes</b><br/>Please contact the enrolment line on 0191 6432288 to book.</p> <p><b>Maths:1.00pm – 3.30pm</b><br/><b>Riverside Children's Centre</b></p> | <p><b>0-5 Stay and Play (Drop-in)</b><br/>Including Sensory Play<br/>1.00pm – 2.30pm<br/><b>Riverside Children's Centre</b></p>  | <p><b>Midwife Drop-in for Expectant Mums</b><br/>Call in to see the community midwives<br/>9.30am – 11.00am<br/><b>Riverside Children's Centre</b></p> <p><b>North East Autism Society</b><br/><b>Toddler Group for 0-5's</b><br/>1.00pm – 2.30pm<br/>Contact Rebecca Welch<br/>07468861933<br/><a href="mailto:Rebecca.welch@ne-as.org.uk">Rebecca.welch@ne-as.org.uk</a><br/><b>Riverside Children's Centre</b></p> <div style="border: 1px solid orange; padding: 10px; margin-top: 10px;"> <p>For further updates and all of the latest information on what's happening in your area go to the Councils website at<br/><a href="https://my.northy.neside.gov.uk/">https://my.northy.neside.gov.uk/</a><br/>and search for Children's Centre Services</p> </div> |